



Putting Baby Safely to Sleep:

Tools for *Child Development Program* Service Providers

This guidance provides useful ideas and resources for sharing important messages about putting baby safely to sleep with new and expectant parents.

Your role

Engage new and expectant parents, direct them to resources that educate them about safe infant sleep environments and practices and empower them to cope with infant sleep-related challenges.

The opportunities

- Partner with your *local **New Parent Support Program*** to offer a parent group focused on the topic of safe infant sleep. Use the Consumer Product Safety Commission's video ***Safe Sleep for Babies*** to help you share your message.
- Be a resource to parents. Ask them if they have questions about the **National Institutes of Health's recommended infant sleep guidelines** and make **American Academy of Pediatrics safe sleep information** available in your infant room or family child care home. First Candle also provides an easy downloadable resource, **Room Sharing is Safer than Bed Sharing**.^{*} You can also direct them to articles on safe sleep practices on **Military OneSource**.
- Share our archived blogs. Tell them about the archived blog series, **Sleep Like a Baby: The Keys to Infant Slumber**, designed especially for military parents.

Participate in free **American Academy of Pediatrics online training** to learn more about creating safe sleep environments.

Key messages for new and expectant parents:

- Sleep is often one of the most significant challenges for new parents.
- One of the most important decisions new parents make is where and how they place a baby to sleep.
- Ensuring your baby is in a safe sleep environment involves closely monitoring your own personal level of alertness while caring for your infant.
- Safe sleep can save lives.

Key Online resources:

- <http://www.militaryonesource.mil/parenting/safe-sleep-practices>
- <https://www.theparentreview.com/DoD/>
- <http://www.zerotothree.org/child-development/from-baby-to-big-kid/>
- <https://text4baby.org/>
- <http://www.extension.org/pages/22110/just-in-time-parenting-newsletters>

^{*} The American Academy of Pediatrics and First Candle are private organizations.
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